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# Bangalore Mirror

TEMP Max 26 | Min 18 | Humidity 86% Generally cloudy sky Sensex 62,868 | Nifty 18,696 | Gold 53,393 | Silver 65,136 | Dollar 81.44 | Euro 85.81 | GBP 100.17

## In Karnataka, 1.75 lakh tonnes of plastic waste (about 60%) go unaccounted annually, with 'no record of quantity handled by informal sector'

# WHERE'S ALL THE PLASTIC, PEOPLE?

### 'Small recyclers struggling to obtain required authorisation'

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Karnataka generates around 2.96 lakh tonnes of plastic waste annually. However, out of the 2.96 lakh tonnes, only about 73,000 tonnes of plastic waste is recycled. While over 50 thousand tonne plastic is being incinerated, around 1.75 lakh tonnes of trash is unaccounted for.

As per official data submitted by the Karnataka State Pollution Control Board (KSPCB) to Central Pollution Control Board (CPCB), further analysed by the Centre for Science and Environment, New Delhi, Karnataka is recycling a meagre 24% of its plastic waste. It is burning close to 16% through end-of-life approaches. Moreover, a whopping 60% of the state's plastic waste is unaccounted for.

That said, environmental and industry experts have a different narrative. They said the numbers computed by the state pollution control board might not be painting the real picture as there is no process to take into account the amount of plastic waste that is taken care of by the informal sector.

CONTINUED ON PAGE 6 »

**"...urban local bodies should start looking at plastic recycling units as a lucrative business. KSPCB must strictly implement the Extended Producer Responsibility mandates...**

— V Ramprasad, SWM expert

# What women want: Safe public transport 24/7

### Many reconsidering transportation choices after bike-taxi rider allegedly raped a 22-year-old woman

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The recent cases of sexual assault against women has brought up several concerns about the availability of safe transport for women, especially at night.

After the recent case where a bike-taxi rider allegedly raped a 22-year-old woman in the city, many women have been reconsidering their transportation choices.

The women BM spoke to said metro timings should be extended to at least midnight for their convenience.

"Yesterday, I was coming back from the central business district area at around 12:00 in the night; since no public transport was available, I decided to book a cab. Because of what's been in the news lately, I was feeling skeptical and scared; so I shared my ride details and location with my friends. Though I reached home safely, it made me very uncomfortable as I was alone," said Prajlika, a 24-year-old techie.

"In a city like Bengaluru, which has a huge youth population, it is important to have a reliable public transport system especially for the women. If metro timings

CONTINUED ON PAGE 6 »

## 3 THINGS TO DO

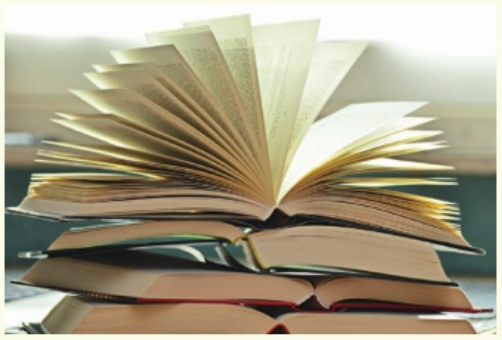
### 01 Tis the season

In alliance with Bengaluru based NGO Home of Faith Charitable Trust, the Leela Bhartiya City is bringing the ceremonial Christmas Tree Lighting in the city. This is an effort by the organisations to make the holiday season special and significant for ethnically driven values and people who hold them to bloom . The ceremony will be followed by carol singing by the children of Home of Faith Charitable Trust. It will also mark the beginning of a donation drive to support the children of the trust on Christmas Eve. **Where: The Leela Bhartiya City; When: December 5; 5 pm**

### 02 Rock on

Byg Brewski brings back the opportunity to celebrate the passion of music in the city. This December grab a chance to watch Michael Learns (also known as MLTR), a top Danish soft and pop rock band perform live at Byg Brewski. The members include Jascha Richter, Mikkel Lentz and Kare Wanscher who have won hearts all over the globe through their cheerful ballads. Relive the era of the 2000s with the songs like 'Take Me With Your Heart' and other songs by the band.
**Where: Byg Brewski Brewing Company, Hennur Baglur Road;**
**When: Friday, December 9; 5 pm onwards**

### 03 World of books



If you are a book lover then grab the chance to visit the oldest book club in Bengaluru. The club brings the revolutionary thoughts of Albert Camus. The unfinished final novel of his 'The First Man' was not published for over thirty years. Sushmita Nayak, a student, curates the work and life of the writer in a significant manner at the club. **Where: Urban Solace Cafe**
**When: Sunday, December 11; 11:30 am**

# Clean sweep on a Sunday

## Engineering college students join Ploggers Army to conduct cleanliness drive at Jayanagar's Shalini grounds; collect 10 bags of trash left behind

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The park is used by hundreds of people on a daily basis, especially youngsters who play sports. After several activities in the park, the area is littered with plastic bottles and tetra packs

The students of Dayanand Sagar College of Engineering along with the Ploggers Army carried out a cleanliness drive at Shalini grounds in 5th Block Jayanagar by creating awareness on keeping the park clean after using it.

The park is used by hundreds of people on a daily basis, especially the youngsters who come to play sports. After several activities in the park the area is left with plastic water bottles and tetra packs. The students of Dayanand Sagar joined the drive to clear out the trash from the play grounds. Over 10 bags of trash were collected from the place by the volunteers.

"Over 15 to 20 students participated in the clean-up drive. Our idea of plogging near parks, lakes and sports grounds is to encourage people to keep the surroundings clean," said Raj from Ploggers Army.

"If we hold placards there is hardly any difference. Hence, we believe in making communication through the trash collected. Every time a new student joins us it's like we are creating a responsible citizen," he added.

"After picking a lot of trash, the first two things that the individual will learn is to stop littering, usage of less plastic and they will have the freedom to urge other citizens not to litter by setting examples," he explained.

"We see hundreds of youngsters who play here everyday. They leave the park in a bad state. Even the maintenance of the ground is not carried out on a daily basis. At least dustbins should be provided by Bruhat Bengaluru Mahanagara Palike (BBMP) to discard the waste," said a resident of the area.

The students of Dayanand Sagar College pledged to keep the area clean and tidy and to carry out plogging by themselves where they can collect trash and dispose of it at the dry waste collection centres.

> **"After a long time we found the playground clean. We need to carry out such initiatives often to ensure all the areas are tidy**
> – Jayanagar resident

"We can bring in a change by keeping the area clean. Just by bringing our own water bottles and containers to eat we can stop the use of tetra packs or plastic in public spaces. This way we can avoid littering," said a student.

The residents of Jayanagar lauded the efforts of the students and Ploggers Army for carrying out the initiative to keep the playground clean.

"After a long time we found the playground clean. We need to carry out such initiatives often to ensure all the areas are clean and tidy. While even BBMP should ensure that cleanliness is carried out in every locality," said another resident of the area.

# Fascinating literary discussions

## Difficulties of lockdown, rejection, championship, generations discussed at city's favourite festival

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Excited literary folk thronged the Bangalore Literature Festival on Sunday, the last day of the two-day festival. It was a chance for readers to meet their favourite authors and to browse through a treasure trove of books. They had a choice also with the number of sessions on different topic. BM attended on such session: 'Love in the Lockdown' where authors Gayatri Gill and Shobha De talked about their stories that they had written during the lockdown.

According to Shobha De, author of 'Lockdown Liaisons', she started writing because she thought that she would not make it out of the lockdown alive. "First time in the history of the universe, human beings were equal because we all were helpless and had no knowledge of the future," she said.

"That sense of helplessness was a trigger. I felt that as long as I have breath, as long as I am alive and as long as my fingers, my brain and laptop are with me, as a writer and chronicler of our times, I could not get this past without responding to it," she added.

Attendees at a session at Bangalore Literature Festival on Sunday

"When I look back and read the stories I feel it is eerie, from the tales that we have written and the times that we have lived through. It is very difficult to go back to that time and write with the same voice again," said Gayatri Gill, writer of The Day Before Today: Lockdown Stories.

Another session was held on the topic "Young and Single in the City" where the speakers were Ajanta De, Co-founder and Counsellor at InnerSight; Varun Sadana, Co-founder of Supertails; and Meghana Srinivas, founder and CEO of TrustIn.

The session was about the life of young and single people in the city and how it has changed over the years. "During my parents' time, we were defined within the community as a wife, a mother, etc. However, in our generation, we are much more defined by who we are and what we do as an individual," said Meghana Srinivas.

The speakers also talked about how owning pets is a coping mechanism and sense of companionship now. "It is very fulfilling and that is also something that young people are looking for," said Varun Sadana.

The speakers further mentioned how men and women react differently while dealing with rejection. "Women personalise a lot. So, if a woman is ghosted on a date, the first instinct of women is to turn it towards herself. She will think that something is wrong with her and men feel that it is the problem with the other gender," said Ajanta De.

## BM takes a look at state of occupancy in state's jails; lawyer says delayed court hearings lead to crowding

# Spaced out & in prison

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President Draupadi Murmu's emphasis on the urgent need to decongest prisons on Constitution Day this year, has put the spotlight on prison conditions. "It is being noticed that the jails are overcrowded and there is a need to release poor undertrial prisoners. People like them are not aware about their fundamental rights and duties," she had said.

In Karnataka, the overall occupancy rate of prisons is at 100.6 inmates to a capacity of 100 inmates. The difference might not be significant but the eight central prisons in the state including Parappana Agrahara Central Prison in Bengaluru have the occupancy rate of 108.8 to a capacity of 100 people. Meanwhile, there is 98.8 percent occupancy in district Jails. This difference indicates the uneven distribution of prisoners in central, district and other jails.

According to the recent report by the National Crime Records Bureau (NCRB), state prisons have an available capacity of 15,385. But as of December 31, 2021, there were 15,473 inmates.

Of these 15,473, there are 14,867 males in the available capacity of 14,003. Hence, the occupancy rate for males in prison is 106.2 to a capacity of 100 inmates.

"The problem of overcrowding in prisons comes from undertrial prisoners who are put behind bars for petty crimes. Most of them belong to marginalised sections of the society and hence they cannot afford a lawyer. If the legal services authority decides to represent cases by poor people, then people of these petty offences can be released on bail," said Shivamani, of Alternative Law Forum (ALF).

"Even if these people get a bail, they are unable to provide the money needed for the bail process. Hence, they are unable to get out," he added. He also said that delayed court hearings is one of the main reasons for overcrowding.

> **"In many cases, we have found that the chances of cases of mass schizophrenia or other mental disorders arise if the prison is over crowded. Violence is also higher when there is overcrowding**

"There is a delay in most of the trials. When a case is filed, the court is supposed to charge the accused. But even for charging the accused the court takes a year or two. And if it is a heinous crime, it may take three-four years," said Shivamani.

However, Jail Superintendent of Parappana Agrahara Central Prison, told BM there is no problem of overcrowding in prisons.

"There is no such issue. We don't have the exact data but we are able to manage all the prisoners. There is no shortage of staff or excess of prisoners," he said.

Criminal psychologist, Sonali Khanna, said that there are incidents when overcrowding in cells have led to mass mental health disorders among inmates.

"In many cases, we have found that the chances of cases of mass schizophrenia or other mental disorders arise if the prison is overcrowded. Not only that, in many cases sexual molestation and violence is also higher when there is overcrowding in prisons," she said.

According to Commonwealth Human Rights Initiative (CHRI), the latest prison statistics by NCRB reveal that prison occupancy has reached an all time high of 130 percent of capacity.

## Burglar couple nabbed

A couple has been arrested for chain snatching and robbery.

According to the police, husband and wife Nagaraju and Ramya are a team of chain snatchers, who targeted locked houses to strike.

The police have seized gold chains worth Rs 5.5 lakh from them.

"This thief couple used to burgle houses together after marriage. Ramya used to scout for locked single houses and tell her husband Nagaraju. Later Nagaraju used to go to houses and steal," said the police.

A case has been registered in Jnanabharathi Police Station.

## ASC Tornadoes create world record in city

The ASC Motorcycle Display team-Tornadoes created a world record in the city on Sunday. ASC Tornadoes team Captain Abhijeet Singh Grewal created a world record of the longest continuous ride by standing on the seat of a motorcylce for 114 km in 3 hours 29 minutes.

He has broken the Guinness World Record of 41.8 km held by Hardan al Delaimi, Iraq and the 75.2 km record held by Army Signals motorcycle Team, Daredevils. Havildar Harikesh Yadav created a new record of 356 km in hours 17 minutes for longest motorcycle ride while sitting on tail light and thereby broke the earlier record of 111 Km held by Army Corps of Signals Team Daredevils.

Manish created a new record of longest wheelie on Royal Enfield 350CC covering a distance of 2.4 km. With this, on the occasion of the 262 ASC Corps Day, the 11th ASC Reunion have increased their tally of 32 world records and added three new world records to their list. —BMB

# PSI recruitment scam: How long has this been going on?

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Some statements recorded in the Police Sub-Inspector (PSI) recruitment case have opened a can of worms. As per the chargesheet filed by the Criminal Investigation Department (CID) police in the case registered at High Grounds Police Station, the statement of Harsha D, accused number 29, even indicates that the discrepancies in recruitment have been going on for a long time.

Harsha, who got the job in the police department on compassionate grounds when his father, a police constable, died of cancer, stated in his statement (Page No. 2,743) that he approached Deputy Superintendent of Police Shantha Kumar to help the candidates pass PSI recruitment exam as he was aware that Kumar was known for doing such work. This raises the question if the PSI recruitment examinations held prior to 2021 were free from of malpractices?

Despite that, the CID police did not bother to take Harsha's statement on Kumar seriously. It is not clear why the CID police did not take initiative to dig deeper into the scam and its

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PSI recruitment scam: Chargesheet opens up more questions than answers

Too many loopholes in chargesheet filed by CID police in case involving ADGP Amrit Paul and others

BM had on Dec 1 reported about loopholes in the chargesheet in the PSI recruitment scam

duration. As if to corroborate Harsha's statement, Deputy Superintendent of Police (Dy SP) Shantha Kumar has claimed to have worked over 15 years (Page No. 2,763) in the police recruitment department. It is known that working 15 years in the same department is highly unusual. Fifteen years in the same department could only be possible through internal manipulation. It is not unclear why the CID police did not probe the possibility of Kumar having done this for years.

The other loophole is the Rs 41 lakh recovered from Shambulingaiah, the neighbour of ADGP Amrit Paul. The CID police searched his house but found no documents pertaining to any financial dealings between Shambulingaiah and Amrit Paul. However, Shambulingaiah handed over Rs 41 lakh to the CID police claiming that the amount was given by Amrit Paul. But there is no clarity on the source of the Rs 41 lakh. Where was the money and how did Shambulingaiah hand it over to the CID police?

There are no details on whether the money (Rs 41 lakh) was in his possession or he drew it from his or his family members' bank account. To withdraw Rs 41 lakh from a bank account requires a PAN number.

# Travel to Halasuru will have less hurdles soon

## Stretch between 100 Feet Road Junction, Indiranagar BDA Complex opens Wednesday

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A stretch between 100 Feet Road Junction and Indiranagar BDA Complex is expected to be opened to the public on Wednesday. It will provide much needed relief to commuters who have been struggling to travel via congested service roads to reach Halasuru and other areas.

The stretch between 100 Feet Road Junction and Anjaneya Temple Junction on Old Madras Road has been closed to traffic due to the ongoing white topping work that was taken up by using Rapid Road Technology, billed as the first of its kind in the country. Due to this, heavy vehicles, including KSRTC buses, have to take a left turn at NGEF Junction and pass through Suranjan Das Road to reach Old Airport Road and proceed towards Kempegowda Bus Station and the KR Market area.

Bengaluru Metropolitan Transport Corporation (BMTC) buses have been taking a left turn at 100 Feet Road Junction to pass through the 2nd Main Road of Indiranagar 2nd Stage and the service road between Old Madras Road and BDA Shopping Complex to proceed towards Halasuru. "I have directed the contractor to complete the pending work between 100 ft Road Junction and BDA Shopping Complex Junction in a few days.

I expect the asphalting on service roads to begin on Monday and be completed by Tuesday. This stretch will be opened to the public from Wednesday," said CV Raman Nagar MLA S Raghu who inspected the ongoing road work a few days ago.

KAUSHIK JN

The stretch between 100 Ft Road Junction and Anjaneya Temple Junction was closed for white topping work

The MLA said that closure of the stretch has been inconveniencing commuters, but there is no other option since white topping is required to ensure that the road is free from potholes for more than 20 years.

Many businessmen and residents in the area have welcomed the decision to open the stretch as it would reduce vehicle movement on the 2nd Main Road. "I am of the opinion that white topping taken up in Old Madras Road by using Rapid Road Technology is a good decision. I want our MLA to extend the same technology to other roads in CV Raman Nagar constituency that need white topping," said Sandeep Bulagannawar, a resident.

Babu Kumar, another resident, said the stretch between the 100 ft Road Junction and the BDA Shopping Complex Junction was looking good. "We have to wait and watch to see the durability of the road," he said, adding that it would be better if the road is opened to traffic as early as possible to avoid congestion on CMH Road and 2nd Main Road.

> **"I expect the asphalting on service roads to begin on Monday and be completed by Tuesday. The stretch will be opened on Wednesday**
> – S Raghu, CV Raman Nagar MLA

Many auto rickshaw drivers said that authorities have to take measures to open the entire stretch between 100 feet Road Junction and Anjaneya Temple Junction as early as possible for the public. "Now, we have to commute a minimum of one km extra to reach Halasuru. There are occasions where passengers argue with us while paying the fare," said Ashwath Naidu, an auto rickshaw driver.

Traffic has been diverted from Old Madras towards 80 Feet Road and other roads from November 11 due to white topping work. Under this pilot project, 20-feet-long and five-feet-wide concrete slabs are fabricated in the factory and embedded on the road. It is said that this method of white topping requires less time. Rapid Road Technology needs only one or two days for milling and levelling the road to place the slabs as against 26 to 28 days using conventional methods.

# Third time's the charm?

## Miscreants break height barrier preventing heavy vehicles from entering Panathur Railway Underbridge once again

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The congestion problem at the Panathur Railway Underbridge (RUB) is well known. Bad infrastructure leads to vehicles getting stuck in traffic every day. A height barrier that was installed there last week to prevent heavy vehicles from entering was broken down by miscreants on Friday. This is why heavy vehicles are continuing to pass again. People commuting through the stretch on Saturday were stuck for long hours.

A volunteer from Namma Belagere association said, "The height barrier prevented entry of heavy vehicles. This helped with reduction of traffic and easy movement of vehicles. However, now with it being broken, we are back to struggling. This is the third time the barrier has been broken. There is no proper enforcement by traffic police. We are assuming that the barrier is broken by miscreants for the heavy vehicles to pass. As the RUB is blocked to them, they have to take a detour to reach the Outer Ring Road (ORR). "

A resident of the area, Bharat, said, "On Saturday, we were stuck in the RUB around 7:30 pm. It took us around one hour to cover a stretch of 300 m. There was no space for even bikes to move. Despite the traffic cops being there, vehicle movement was slow. Police were also helpless due to so many vehicles being stuck. When heavy vehicles use the RUB and S Cross there is absolutely no space for other vehicles to pass, which causes a huge commotion."

Residents also complained about the widening of S Cross that has been taking a long time. "Chief Minister Basvaraj Bommai had approved of the widening of the S Cross which will help people at large, but land acquisition has been taking so long. For now, traffic police should ensure that the height barrier is not broken down again," said another resident. Clement Jaykumar from the Mahadevpura Task Force said, "We are aware of the height barrier broken. This is the third time such a situation has taken place. The traffic engineering cell is working on reinstalling it again."

Regarding S Cross, he disclosed that the measurement of properties for land acquisition has been taken and notices have been sent out to the land owners. The process is still ongoing.

## whatsapp MIRROR 9591233247

**Problems in your area?**
Send us a picture along with specific details. And please, no phone calls or spamming

### Poor roads

**Hayes Road**

The stretch near the junction of Hayes/D'Souza Roads is of very poor quality.

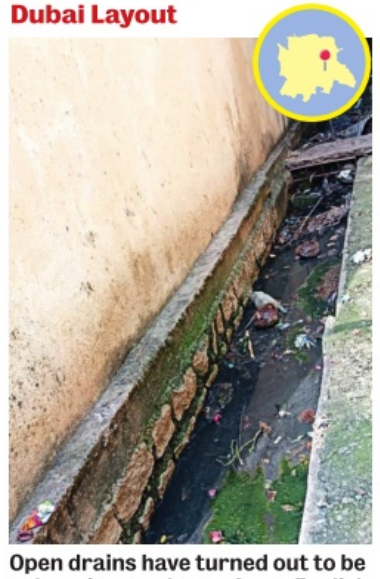
### Unclaimed car

**Domlur**

This vehicle has been parked on 7th Cross Domlur Layout for more than one year.

### Drain dumpyard

**Dubai Layout**



Open drains have turned out to be a dumping yard near Amar English School, Dubai Layout.

# ‘Footpaths not parking spots’

## In order to tackle illegal footpath parking, city police may register FIRs against offenders

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If you are parking vehicles on footpaths, your vehicle may be seized and an FIR may be registered. To cut down on footpath parking, city police have decided to take strict measures. Special Commissioner (Traffic) MA Saleem said, “We want to take tough action. Hence, we have decided to book such cases under section 283 of the Indian Penal Code.”

Section 283 relates to obstruction of the line of navigation.

The provision states, “Whoever, by doing any act, or by omitting to take order with any property in his possession or under his charge, causes danger, obstruction or injury to any person in any public way or public line of navigation, shall be punished, with a fine.”

Saleem further added, “We will file FIRs against such persons, seize the vehicles parked on footpaths, and the vehicles will then be handed over only after a court order.

This should set off the warning bells for people who park vehicles on footpaths and obstruct pedestrian movement. We want people to park vehicles only at designated parking zones. So far, we have booked around 300 people.”

Sources said that haphazard parking menace is on the rise in Bengaluru. According to a police official, “Earlier, we used to have a towing facility where the vehicles parked in the no parking zones were taken to the police station. This had instilled discipline among people. However, with no towing taking place now, we can see people are parking the vehicles at their will. We see many footpaths turning into parking lots. This is affecting pedestrian movement. So, as the towing policy is yet to be reintroduced, we have decided to file FIRS against footpath parking.”

Vehicles struggling to find parking space in the city (File Photo)

Around 12 per cent of the traffic violations registered in the city were related to wrong parking. Until October, a million cases were registered due to illegal parking.

Divya S, a college student, said, “Footpaths should be free of obstruction so that pedestrians can walk. However, in Bengaluru, we see all types of encroachments on footpaths. One of the major encroachments is footpath parking. Many of them park their bikes which clearly block walkers. I am surprised to see that many people even park their cars on footpaths.”

Shweta R, a businesswoman, said, “It is a right move to penalise people parking on footpaths. We see this acute problem in the CBD area where there are narrow roads and footpaths are used to park bikes. However, the BBMP and police should join hands to ensure parking zones are created. If we have enough parking zones with affordable prices, then people would prefer to park their vehicles at designated zones as the chances of vehicle thefts will also be minimal. Merely penalising is not enough. There is also a need to provide enough parking spaces.”

Bangalore Mirror
Park wherever you can, in Bengaluru
10,06,606 illegal parking cases recorded in Bengaluru as of October
BM’s report on Nov 19 spoke about the alarming number of parking violations in the city

# No school buses after 8:30 am

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In order to resolve traffic issues around school zones in the city, the traffic department has announced that movement of school buses will be prohibited in the city after 8:30 in the morning.

Although this measure is yet to be implemented in a few areas of the city, schools have spoken out against the decision, saying that it is unfair for the children.

KAMS general secretary D Shashi Kumar said that is an extreme measure from the traffic department.

“It is not acceptable as it will definitely cause hardship for children who travel long distances to get to schools. This was recommended earlier as well, and we objected to the decision. This is not a solution. The traffic police should instead focus on regulating traffic so that bottlenecks are not created,” he said.

The authorities have informed school managements to start classes earlier in the morning to avoid the 9 am office going crowd. Buses that stop near schools after 8:30 am will be penalised.

School areas in the city have been seeing a lot of congestion during the morning and evening hours when parents come to pick up or drop their children. To ensure that this is avoided, the traffic police will be providing a ‘safe passage way’ to parents during these specific hours.

Kala Krishnaswamy, Deputy Commissioner of Police (Traffic), East division, said that this move was mainly to ensure the safety of children.

“The parents will be provided with an entry and exit point away from the main road through which they can drive in safely and drop the students inside the campus and drive back. We are trying to enforce this as soon as possible. There will be traffic cops present at the entry and exit points to facilitate the same so the private vehicles do not block the rest of the traffic,” she said.

> “It is not acceptable as it will definitely cause hardships for children who travel long distances to get to schools. This was objected to earlier as well
> - D Shashi Kumar, KAMS general secretary

Since traffic congestion during school hours is one of the major complaints by commuters, traffic police personnel are putting in effort to resolve the issue with a special focus on the central business district areas (including Residency Road, St Mark’s Road, and Museum Road) that have several schools like Bishop Cotton School and St Joseph’s School.

“We are focusing especially on this area as there are many schools. We have been able to see significant improvement in a matter of a few weeks. This was just by restricting the school buses from parking on the roadside as that was a major issue in the area, causing traffic,” she explained.

School managements have been advised to have sufficient parking space at the school premises and school buses have been asked to park inside the campus, the DCP informed.

# Elderly woman murdered, body left in cupboard

CRIME FILES

An aged woman was recently murdered by a woman living in the fourth floor of the same building as her in the outskirts of Bengaluru, according to the police.

The accused had reportedly called the elderly woman to her rented home three days before the crime came to light. Police informed that she had killed the victim, wrapped her body and stuffed it inside her cupboard, and fled.

“The old woman was nowhere to be found after she was called by the accused. The victim’s family had removed the lock of the house in Anekal Taluk where the accused lived and inspected it, after which they found the body in the cupboard,” informed police.

Attibele Police visited the scene and conducted an investigation. Cases of murder and theft (of gold jewellery) have been registered at the Attibele Police Station against the absconding woman.

### Unidentified man killed

Meanwhile, a 30-year-old man was killed in the city on Saturday in the KP Agrahara neighbourhood, police said. While CCTV evidence showed that a total of six people were involved in the murder, the authorities have not yet determined the victim’s identity.

According to Laxman B Nimbaragi, Deputy Commissioner of Police (Bengaluru West), three of the six suspects are men, and the other three are women.

“A 30-year-old man was found dead late at night in Bengaluru near Hemanth Medicals at 5th Cross KP Agrahara,” he said.

The deceased’s identity is still unknown, and according to the DCP, the body was taken to Victoria Hospital.

Police are looking into the case and investigating the cause of the murder. They are also looking at CCTV footage in KP Agrahara and Cottonpet for leads regarding the crime.

### Two arrested for vehicle theft

Police arrested two people who were involved in theft of two-wheelers across various districts of Karnataka including Bengaluru City, Bengaluru Rural, Koppal, Gadag, and Raichur. They have recovered 24 two-wheelers worth Rs 16 lakh from the accused, said P Krishnakant, Deputy Commissioner of Police, Bangalore South.

A case has been registered in JP Nagar Police Station.

### Hunt for rowdy sheeters

Following the recent uproar over rowdy sheeters being visible in political events, CCB Joint Commissioner of Police Sharanappa held a meeting with the CCB Rowdy Prevention Squad. He has asked for a detailed file on these rowdy sheeters. The CCB is preparing to get a hold of Silent Sunil, Ravi, and Bettanagere Shankara.

-Ahna Prakash

# 150-km-long smooth road in Mahadevapura

| Melvin Mathew
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TWEETS @BangaloreMIRROR

After the deluge, multiple road works are being taken up in Mahadevapura. Approximately, 150 km of work will be undertaken and completed by December-end.

The rains had left behind potholes in multiple parts of the city. BBMP has been trying to fix the roads by filling up potholes. Now, with the weather clearing up, BBMP is taking up road asphalting in multiple areas in Mahadevapura. According to the plan, BBMP is taking up asphalting in 34 roads, widening and developing 19 roads and 14 new CDP roads (including SH35 being upgraded to East Airport Corridor which is being implemented by KRDCL). Roads in the Mahadevapura division are likely to get a facelift with the execution of these works.

Clement Jayakumar of Mahadevapura Task Force (Mobility) said that work that has been pending for the past two years is being undertaken now. "After the rains have stopped, a lot of roads are being asphalted. Nearly 150 km of roads are going to be asphalted. The works have been pending for the last two years," added Jayakumar.

Road works are being taken up under the Nava Nagarothana and Amrutha Nagarothana schemes.

The new CDP roads include 45-m road (From ORR to Proposed PRR), 30-mt Road (From Panathuru Balagere Road to Gunjurupalya & Gunjurupalya to Sarjapura Road), Munnekolala Sai Layout to Gunjurupalya CDP Road, BWSSB Treatment Plant Road, Goshala Road ( From ORR to Graphite India Road), Hoodi Sadaramangala Road, ITPL Internal Roads (Athashri Road), New CDP Road (From Varthuru Kodi to PRR), 24 mt-RMP Road from Panathur Balagere Road to Sarjapura Road via Chikkabellandur Road, Formation of 30-mt RMP Road from Gear School Road to Chikkabellanduru via Bhoganhalli, 30-mt RMP Road from Sarjapura Main Road to PRR via Chikkakanahalli, Varthuru Tank Bund Road, and 24-mt Road (From OAR to ITPL Main Road Via Siddapura Tank & Vydehi).

Jayakumar said they were waiting for utility works to be completed.

# 'Recognise informal plastic recyclers'

CONTINUED FROM PAGE 1

"At least 30-40% of the plastic waste is currently being handled by the informal community of unregistered scrap aggregators and traders. However, there is no way to estimate the exact amount they are handling," said Rajesh Babu, co-founder of Swachha Eco Solutions.

As per an official estimate, Karnataka has 85 authorised plastic waste recycling units as on March 7, 2022. Experts said that given the total capacity of authorised recyclers and the low number of these units, the total amount of plastic waste being recycled formally cannot be more than 10% of the total plastic waste being generated.

"Less than 10% of the total waste is being recycled going by this number. Out of the 85 recyclers, around 80% are handling industrial plastic waste. There are very few authorised units working with municipal corporations; the numbers given by KSPCB are flawed," added Babu.

Increasing the capacity of recycling units, banning 'no-value' and unrecoverable plastic items, and enforcing Extended Producer Responsibility (EPR) mandate are some aspects, if adopted, that can bring about the much-needed change in the ways plastic waste is being handled currently, according to experts.

"More companies including the urban local bodies should start looking at plastic recycling units as a lucrative business. The state pollution control board must strictly implement the EPR mandates. Moreover, plastic eradication should be kept separate from plastic livelihood. Last but not the least, unrecoverable and no-value plastic items should be completely banned," said V Ramprasad, solid waste management expert.

Experts also told BM that obtaining Plastic Waste Management (PWM) authorisation as per the Plastic Waste Management Rule of 2016 is a tough task for small recyclers. The need of the hour for the implementing agency is to identify informal recycling units and authorise them under the PWM rule.

While there are hundreds of informal recyclers across the state, lack of initiatives by the implementing agency and no coordination between informal recyclers and the state pollution control board are some reasons behind the sorry state of affairs.

"As per the PWM rule, KSPCB has to award authorisation to recycling units. While the government's fee to establish these units is affordable, there are other stringent rules in place that make it difficult for small recyclers to obtain the required authorisation. Lapses and violations are bound to happen, and this keeps small recyclers away from this process. It is the responsibility of the state pollution control board to identify these units and help them in getting registered," said Babu.

# Mobility & women's safety

CONTINUED FROM PAGE 1

are extended, I would feel much safer while traveling at night," she added.

According to women, the frequency of BMTC buses as well as the metro is really poor during the night, which is an inconvenience for the commuters.

"I avoid going by bus at night. Firstly, the frequency is not good at night; so many times we are forced to wait on the roadside for buses which feels very unsafe. Sometimes I get back from my work around 11-11:30 pm; it is really inconvenient to get a bus. Cabs are also overpriced during the night," said Shrija Joshi, another young professional.

Many women in the city depend solely on the metro for their daily commute to work.

"For me public transport is the only option as it is affordable and convenient. I have night shifts at work; when I read the recent news, I was shocked. It makes us rethink our options... I think if the metro timings are extended at night and the frequency is improved it would be amazing especially for young women," said Vinaya K (23).

Along with improved public transport, women said the city should have better illumination on its roads, CCTV surveillance inside public vehicles as well as roads, and better security mechanisms in place at night time.

BMRCL chief public relations officer Yashvanth Chavan said that as of now the corporation has no plans of extending the metro timings.

"Our last trains leave the source station at 11:00 pm and by the time they reach the destination it is close to midnight. We make sure that there is a female homeguard present inside the coaches all the time... We are concerned about the recent events. Currently our network is very small; when more lines open up we can plan on extending the timings at night," he added.

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I Ashik K S S/O, Sasikumar K R/o No.54, 1st Main, 6th Cross, Chamundipura , Laggere, Bengaluru-58, have changed my name to Ashvik K S vide court decree CR-38170/21 Dt:5/4/21 for all purposes.

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# Where are child-friendly police stations?

## Child rights commission demands juvenile police units, welfare officers, and more to combat crime against minors

Juvenile Justice Act specifies how to handle child victims or perpetrators of crime

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TWEETS @BangaloreMIRROR

As a high number of crimes against children is becoming a concern, the Karnataka State Commission for Protection of Child Rights (KSCPCR) has demanded the introduction of more child-friendly police stations across the state.

According to K Naganna Gowda, Chairperson, KSCPCR, every city and district should have a special juvenile police unit (SJPU) and child welfare police officers (CWPO) in all police stations for dealing with the crimes against children.

"So far, I have surveyed 10 districts in Karnataka and have met with respective stakeholders to discuss the plan. Officers will be trained to deal with children exclusively, as a victim or perpetrator," he said. "In Bengaluru, we will be meeting the Commissioner of Police (CP), Deputy Commissioner of Police (DCPs) and the Women and Child Development Department (WCDD) to discuss the same for the city limits," he added.

In October, the National Commission for Protection of Child Rights (NCPCR) had also released an advisory regarding the same, stating "Juvenile Justice (Care and Protection of Children) Act, 2015, requires designation of at least one officer, not below the rank of Assistant Sub-Inspector, as a Child Welfare Police Officer (CWPO) in every police station to exclusively deal with children."

Apart from having a designated officer, police stations should also have a separate child friendly corner/room for interactions with children, with age appropriate furniture, toys and posters to make the children feel comfortable, as per the

> **Apart from having a designated officer, police stations should also have a separate child friendly corner/room for interactions with age-appropriate furniture, toys**

guidelines for establishment of child friendly police stations by the NCPCR.

Also facilities like clean drinking water, a separate toilet and refreshment for children should be provided. A woman police officer or a female social worker has to be present to interact with girls, the guidelines added.

Child abuse and molestation has been increasing in Karnataka. "In cities like Bengaluru these cases are registered. But in the rural areas, the cases often go unnoticed. It is necessary that some action is taken against these issues," said Gowda.

The chairman added that children should be educated about child marriage, the various services that children and their families can access for protection, legal aid, medical assistance and any other support that they might require.

In 2021, Karnataka reported 7,261 cases of crime against children. Among the cases registered under the Protection of Children from Sexual Offences Act (POCSO), Karnataka had fifth highest number of cases with 2,813 cases registered in the state alone.

Moreover, the WCDD had revealed that as much as 2,819 complaints for attempt of child marriage were filed in 2021-22 alone out of which the department managed to prevent 2,401.

# '48L kids will receive JE vaccine from Dec 5'

A special vaccination drive to inoculate an estimated 48 lakh children aged between 1-15 against Japanese Encephalitis (JE) will be held in Karnataka from December 5 for a period of three weeks, State Health Minister K Sudhakar said on Sunday.

Encephalitis is the inflammation of the brain caused by either infection or an allergic reaction.

"JE is one of the most common causes of Encephalitis in India and a total of 68,000 cases are reported every year. Among these, the death rate is around 20 to 30 per cent. Among those who are cured, 30 to 50 per cent of people end up with sensory and motor weakness, and other permanent physical and mental disabilities," Sudhakar said.

> **In India, around 68,000 cases of encephalitis, an inflammation of the brain caused by either infection or an allergic reaction, are reported every year**

"In the first week now (December), vaccinations will primarily be focused on Private and Government schools, following this, in the next two weeks, we will be focusing on vaccination drives in health institutions, Anganwadi centers and among communities," he said.

Union Health Ministry will be supplying the Jenvac vaccine to conduct the drive.

The JE is caused by a virus called flavivirus and it is primarily transmitted by Culex mosquitoes. The virus is maintained in pigs and wild birds which are called amplifier hosts. While man is the dead-end host.

According to an official release, under Universal Immunisation Programme in the State, Ballari, Raichur, Koppal, Vijayapur, Chikkaballapur, Kolar, Mandya, Dharwad, Chitradurga and Davanagere are identified as the 10 endemic districts for this virus.

In these districts, JE vaccine is given to children after they complete 9 months and a second dose is given at the age of 1.5 years. **PTI**

# NOTES FROM THE FIELD

## Garlands galore

Garlands are used frequently to welcome politicians. But, former Chief Minister HD Kumaraswamy is getting a unique collection of garlands during his Pancharatna yatra. At one village, HDK was felicitated with an apple garland, followed by a mosambi garland, then a capsicum garland and ground nut garland. As these garlands are heavier than flower ones, earth movers were used to symbolically garland the leader.

## No acting

While several politicians have not shied away from the big screen, such as former Chief Ministers like BS Yediyurappa and Ramakrishna Hegde, former CM Siddaramaiah seems not that interested in acting. A few of his supporters have planned to produce a biopic on the leader so when journalists asked him if he would be featured in it, he said, "I don't know acting and don't know much about the biopic but a few supporters from Kanakagiri approached me to do it."

## Homely advice

BBMP Chief Commissioner Tushar Giri Nath has come up with a solution for senior engineers to have good equations with juniors. "We need coordinated work between senior and junior engineers and if there are issues among them, they will find it tough to work. So, I am suggesting every senior engineer call junior engineers to their homes. Offer them coffee and biscuits. This will help you to have good bonding personally and I am sure that this will translate into a good professional relationship as well."

## Hang up

Karnataka Pradesh Congress Committee President DK Shivakumar said that his business partners are now scared to take his phone calls. Journalists were asking him about his reaction to the investigation by the Enforcement Directorate. "My business partners are scared to work with me. My friends and business partners are being targeted. So, now they are scared to take my calls. However, I want to make it clear that I am just presenting facts and do not want to share my tension and sorrow tales with journos," he said.

## Traffic awareness

Recently in Gubbi Town, a judge hit the road to create awareness on traffic. Senior civil judge and JMFC Undi Manjula said, "It is said that under age students are driving on streets and parents lack traffic knowledge. This puts their and others lives at risk. We have been teaching traffic rules in schools and colleges and so I decided to create awareness."

**– Sridhar Vivan**

# Gujarat votes for 93 seats in ph-2 today

## 833 candidates in the fray from 61 parties, including the BJP, Congress, AAP; PM Modi, Amit Shah to cast votes

**#NEW DELHI**

Voting will be held on Monday in 93 Assembly seats across 14 central and northern districts of Gujarat during the second phase of the state polls. In the 2017 Assembly polls, the ruling Bharatiya Janata Party (BJP) won 51 of these seats, Congress 39, while three seats went to independent candidates.

In central Gujarat, the BJP had bagged 37 seats, outnumbering the Congress which got 22. But in north Gujarat, the Congress had won 17 seats while the saffron party got 14.

The high-voltage campaigning by different parties for the second phase of polls ended on Saturday evening.

The first phase of voting for 89 seats in Saurashtra, Kutch and south Gujarat regions was held on December 1, when an average voter turnout of 63.31 per cent was recorded. The Gujarat Assembly has a total of 182 seats.

In the second phase, voting will be held in the remaining 93 seats, for which 833 candidates are in the fray from 61 political parties, including the BJP, Congress and the new poll entrant Aam Aadmi Party (AAP). The nominees also include 285 independents, as per the state election body.

The BJP and the Arvind Kejriwal-led AAP are contesting in all the 93 seats. The Congress is contesting in 90 seats and its alliance partner Nationalist Congress Party (NCP) has fielded candidates in two seats.

Polling officials leave for their stations after collecting equipment from a distribution centre, ahead of the final phase of elections, on Sunday

Among other parties, the Bharatiya Tribal Party (BTP) has fielded 12 candidates and the Bahujan Samaj Party (BSP) 44.

The 93 Assembly segments which will go to polls on Monday are spread across Ahmedabad, Vadodara, Gandhinagar and other districts.

Some of the important constituencies in the second phase include Ghatlodia (in Ahmedabad district) of Chief Minister Bhupendra Patel, Viramgam seat (also in Ahmedabad) from where Patidar leader Hardik Patel is fighting on the BJP's ticket and Gandhinagar South from where Alpesh Thakor is fighting as the saffron party candidate.

Besides, Dalit leader Jignesh Mevani is contesting as the Congress candidate from Vadgam seat in Banaskantha district, and Leader of Opposition in the Gujarat Assembly Sukhram Rathva is the nominee from Jetpur in Chhota Udepur district. **– PTI**

# Kharge talks tough on accountability from 'top to bottom'

**#New Delhi**

Congress President Mallikarjun Kharge on Sunday sent out a stern message to leaders to perform or make way for others, and strongly pitched for accountability of office-bearers "from top to bottom" as he presided over the first meeting of the party's steering committee.

During the meeting at the AICC headquarters here, the Congress also decided to hold its plenary session in Raipur, Chhattisgarh, in the second half of February, where Kharge's election as president would be ratified.

As the Congress plans to end the Bharat Jodo Yatra by January 26, the Committee decided to continue its mass outreach with the 'Haath Se Haath Jodo Abhiyan (Joining Hands campaign)' till March 26, during which foot marches will be taken out from village to block and district levels and will culminate as public rallies at state headquarters.

The party will also hand out a letter by Rahul Gandhi talking about the core message of the yatra, along with a "charge sheet" against the Modi government. The party also plans to take out state-level marches by women party workers across the country which will be led by Priyanka Gandhi Vadra.In his introductory remarks at the meeting, Kharge batted for organisational accountability in the party and said those unable to fulfil responsibilities will have to make way for their colleagues.

He also asked whether the party in-charges have visited their respective areas for even 10 days in a month. He also asked state in-charges to submit a roadmap for holding mass movements for raising people's issues over 30 to 90 days and sought a schedule of programmes in states where elections are due before 2024. **– PTI**

Mallikarjun Kharge during the Steering Committee meeting

# Taxmen to have 21 days to decide on refund adjustment

**#New Delhi**

The income tax department has reduced the time for tax officers to decide on adjustment of refunds against outstanding tax dues to 21 days, a move which will help avoid litigation. The time limit of 30 days available to assessing officers stands reduced to 21 days, the Directorate of Income Tax (Systems) said.

"If the assessee either does not agree or partially agrees for adjustment, the matter shall be referred by CPC immediately to the assessing officer, who shall, within 21 days from the date of such reference, shall provide feedback to CPC as to whether the adjustment should be made or not," it added

AMRG & Associates Senior Partner Rajat Mohan said in many cases involving the adjustment of refunds, the Centralised Processing Centre (CPC) noticed that wrong categorisation of demand or lack of feedback from the AO (Assessing Officer) on the assessee's response led to incorrect adjustment of refunds, resulting in needless complaints and litigations. Another concern was that the AO did not promptly respond to the assessees' complaints. "This instruction clarified that the AO now has only 21 days to respond to a taxpayer's complaints, as opposed to the 30 days," Mohan added. **– PTI**

# Delhi pollution: Panel restricts construction

**#New Delhi**

With pollution in the national capital turning severe on Sunday, the Centre's air quality panel directed authorities in the Delhi-NCR to ban non-essential construction work in the region under stage III of the Graded Response Action Plan (GRAP). Delhi's 24-hour average air quality index (AQI) stood at 407 at 4 pm.

The sub-committee for implementation of GRAP held a meeting on Sunday to review the air quality as well as the forecasts for meteorological conditions and the air quality index of Delhi. It observed that the air quality witnessed more deterioration over the last 24 hours. To prevent more deterioration, the sub-committee decided that all actions as envisaged under stage III of GRAP be implemented with immediate effect in the NCR, in addition to all actions under stages I and II, it said in an order. Pollution level in Delhi entered the 'severe' category after November 4, when the AQI was 447. An AQI between 201 and 300 is considered 'poor', 301 and 400 'very poor', and 401 and 500 'severe'. **– PTI**

# Protest-hit Iran abolishes morality police

**#Tehran**

Iran has scrapped its morality police after more than two months of protests triggered by the death of Mahsa Amini following her arrest for allegedly violating the country's strict female dress code, local media said Sunday. Women-led protests, labelled "riots" by the authorities, have swept Iran since the 22-year-old Iranian of Kurdish origin died on September 16, three days after her arrest by the morality police in Tehran.

Demonstrators have burned their mandatory hijab head coverings and shouted anti-government slogans, and a growing number of women have failed to wear the hijab, particularly in parts of Tehran.

"Morality police have nothing to do with the judiciary and have been abolished", Attorney General Mohammad Jafar Montazeri was quoted as saying by the ISNA news agency. His comment came at a religious conference where he responded to a question on "why the morality police were being shut down", the report said. The move represents a rare concession to the protest movement, and authorities have also acknowledged the demoralising effect of an economic crisis spurred by US sanctions. "The best way to confront the riots is to... pay attention to people's real demands," said the parliament praesidium council spokesman Seyyed Nezamoldin Mousavi, referencing "livelihoods and the economy" in the Islamic republic. Since the 1979 Islamic Revolution that overthrew Iran's US-backed monarchy, authorities have monitored adherence to the strict dress code for women as well as men. **– AFP**

WORLD

In this file photo, an Iranian policewoman (R) speaks with a woman regarding her clothing

**HEALTH TIP:** Even if you are feeling fine, regular wellness checks and health screenings can increase your chances of early detection of problems

About half the calories in our diet should come from foods rich in carbohydrates, such as cereals, rice, pasta, potatoes, and bread

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# Are your kids okay?

## How parents can play key role in prevention, treatment of teen mental health problems

More than 44 per cent of teens reported persistent feelings of sadness and hopelessness in the first half of 2021, according to a report from the Centers for Disease Control and Prevention. The early 2022 report, which was based on an online survey, also found that nearly 20 per cent had seriously considered suicide, and 9 per cent attempted suicide.

The pandemic is a likely contributor to these startling figures, but rates of teen mental illness have been rising over the past decade. One crucial factor that has received little attention in supporting teen mental health is the role that parents can play. This is surprising, since research has clearly established that participation by a caregiver in their child's mental health treatment is directly related to a successful outcome. A key reason for this is that parents generally interact with their teen on a daily basis and can model and cultivate coping skills.

### Teenage years can be brutal

Parents often dread the teenage years, anticipating mood swings, risk-taking behaviours, and endless arguments. Some of this is developmentally normal: Teens are developing their identities, testing limits and asserting their autonomy. These combined factors can lead to hostility and a lower-quality parent-teen relationship.

Physically, teens are sleep-deprived, in part due to overly early school start times and hormonal changes associated with puberty. As a result, teens can be irritable and sensitive to stressors. They also haven't developed the self-control to manage their reactions. And it's important to note that half of all mental illness emerges by age 14 and 75 per cent by age 24, making adolescence a highly sensitive period for the prevention and treatment of mental health problems.

### Signs and symptoms

Mental health problems in teens can sometimes take unexpected forms. Depression and anxiety can manifest as irritability and non-compliance, which parents may reasonably view as disrespect and laziness. Understanding what is beneath those behaviours is challenging. Teens are quite secretive, so they may not disclose the extent of their struggles.

Traumatic experiences like bullying, dating violence, and sexual harassment and assault are unfortunately too common in adolescence and can cause drastic changes in behaviour and affect.

Although anxiety is a normal emotional response at any age, about a third of adolescents have some type of anxiety disorder, and about 10 per cent experience severe impairment as a result. Teens struggling with chronic anxiety may experience agitation or irritability, issues with sleep, perfectionist tendencies, or may try to avoid stressful things altogether.

Among teens, 17 per cent struggle with depression. Depression generally involves a loss of interest or pleasure in daily activities, but it is more than feeling blue. For teens, symptoms of depression may look like withdrawing from family or social activities, shutting down during conversations or conflict, lethargy, difficulty concentrating, hopelessness about the future or negative feelings of self-worth.

### Depression has many forms

In determining whether a teen is experiencing a mental illness, parents should consider how behaviours are affecting their teens' everyday lives and plans for the future. Those who are falling behind in school, damaging important relationships or engaging in high-risk behaviours may be most likely to be experiencing a mental health issue – as opposed to typical teenage challenges.

> **Mental health problems in teens can sometimes manifest as irritability and non-compliance, which parents may reasonably view as disrespect**

### Shortage of mental health care

Parents and teens may wait months for an appointment with a mental health professional, and the quality and effectiveness of the services they receive are highly variable. All the while, symptoms may worsen.

### Powerful role parents can play

This is where parents come in, since they can serve as role models for teens' coping and emotional development.

While good sleep, consistent exercise and quality meals can often be the first line of defense in preventing and managing symptoms of mental health problems, there are several behavioural strategies for parenting struggling teens. Indeed, foster parents care for children with complex histories of trauma, and many of the behaviour management strategies taught to foster parents may be useful for traditional family settings as well.

When teens are unkind or disrespectful, parents may take it personally. But parents who are aware of and able to manage their own triggers can react calmly to challenging behaviour, creating opportunities for effective communication with their teen.

Building and maintaining the parent-teen connection, such as by watching a TV show together or other low-pressure opportunities to be together, is key. These experiences create safe spaces and opportunities for teens to communicate about difficult emotions or situations. Parents can also help their teens manage negative emotions by reinforcing their self-esteem and strengths and encouraging self-efficacy. Parents who offer praise to their teens who are working hard to overcome challenges – as opposed to focusing solely on the outcome – can help teens see their worth beyond their accomplishments.

At the same time, teens require boundaries that allow them to build self-reliance, exercise independence and practice compromise in certain situations. Behaviour contracts – in which teens and their parents agree to certain conditions in writing – can provide a structured way to establish shared expectations.

When consequences are necessary, natural consequences allow teens to learn without parental intervention. For example, if a teen stays up late the night before a big softball game, their coach may bench them for playing poorly. Parents can help teens to connect the frustration and disappointment they experience to their choices regarding sleep, which can be more helpful for their future decision-making than getting into an argument with a parent about their decision or receiving a parent-imposed consequence, such as removing phone privileges.

It is also important that parents avoid power struggles with their teens by modelling respectful communication without trying to manage the teen's reaction or perspective. Teens are unlikely to admit to being wrong – particularly in a heated moment – and if the point is made, there is rarely a benefit to insisting upon a particular reaction such as a forced apology. Parents can best support their teens by maintaining connection alongside enforcing structure and discipline. While challenging behaviours can be the status quo of adolescence, parents should be on the lookout for signs that might reflect a pervasive mental health issue, since early detection and treatment is crucial.

*-By Toria Herd and Sarah A Font, Penn State (The Conversation)*

## All problems solved

*Dear Coleen*

**My husband, who's 46, has taken to cramming himself into skinny jeans and changed his hairstyle to look like an extra from Peaky Blinders. In my opinion, it's either a midlife crisis or he's having an affair. Admittedly, he's had a rough couple of years - his father died during covid and he left his job due to stress but, about six months ago, he found a new job, which he absolutely loves and it's good to see him happy in that respect. I don't want to ask him outright if he fancies someone at work because, quite frankly, it feels a bit humiliating. Something has changed, though, and I don't like it! It's making me feel insecure because he's behaving in a way I don't recognise. Our son and daughter have noticed it, too, and keep asking "What's going on with dad?" Any idea on how I should approach him?**

**COLEEN SAYS**

It sounds as if this new job has given him a whole new lease of life after a horrible couple of years. He's embracing the opportunity, he's enjoying his life again and he's given himself a makeover in line with feeling revitalised. That's all good and these good vibes should be spreading into your family life.

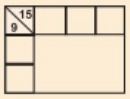
However, he might not be having an affair – he might just want to look the part at work. Maybe a lot of his colleagues are younger and he's being influenced by them. But instead of questioning his new look or telling him he looks silly, sit down and tell him you've noticed he's been behaving differently and you'd like to know if there's a good reason behind it. Also, I think you have to bear in mind that people do struggle with the idea of getting older around this age. He's done so well to get himself out of a hole and back to enjoying life.

**-Coleen Nolan, Daily Mirror**

mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

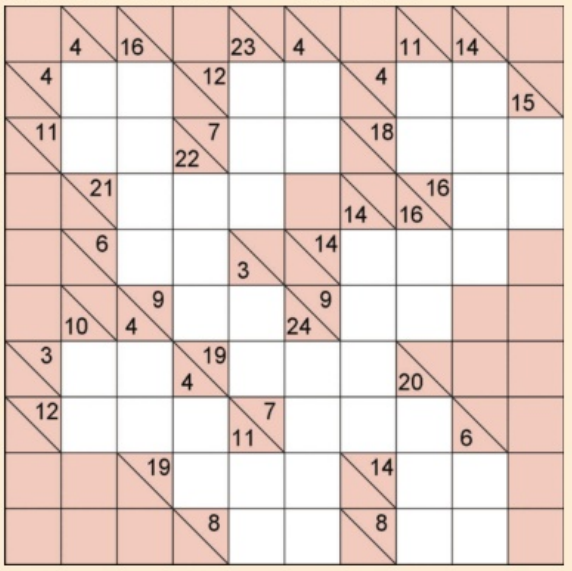

## Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

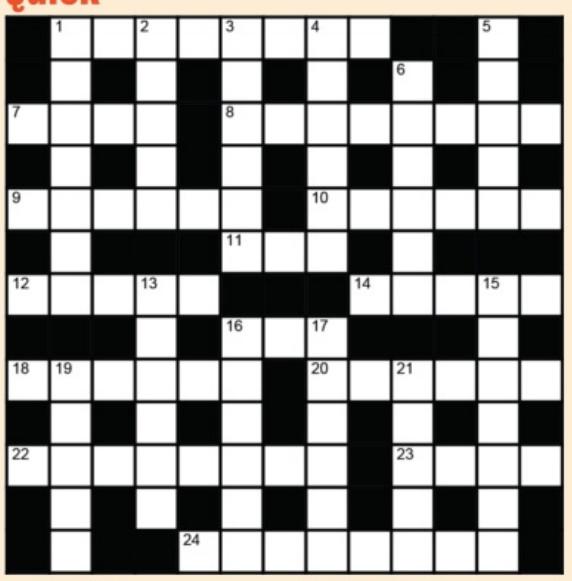



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

1 Lauds, eulogises or compliments (8)
7 Growl–"rang" anagram ? (4)
8 Di Caprio of Hollywood (8)
9 Odours (6)
10 ___ the energies of : tired? (6)
11 ____ out : put to test? (3)
12 Banishment (5)
14 Boat, artifice or skills (5)
16 Egg cells (3)
18 Lorries (6)
20 ____ a tax : imposes a tax by legal authority (6)
22 Ms Jolie of Hollywood (8)
23 State of agitation (4)
24 Oxygen container (8)

**DOWN**

1 Multiplex on Outer Ring Road (7)
2 Wall painting (5)
3 Join the army? (6)
4 Edema (6)
5 Gentle poke (5)
6 More moist (6)
13 Gym storage (6)
15 Refrigerator or cooler (7)
16 Harden, turn into bone (6)
17 It neutralises acid (6)
19 Extend a subscription (5)
21 Went to the polls (5)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: D EQUALS S**

TJDF JE PD YZXU EZQ TJQU SJPQZWU FYZR HU UXUQ BQUZTUB HU CJDDUDDUB.

**Linemaro**

You don't have to cheer me up. Just be around

**Mindchow**

You talk when you cease to be at peace with your thoughts

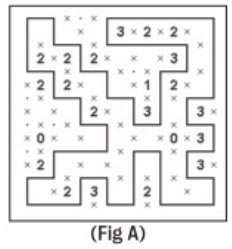
**Joke of the day**

I wanted to give you something but didn't know how to wrap up a bathtub

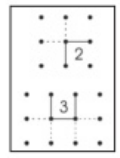
## Loop

### Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

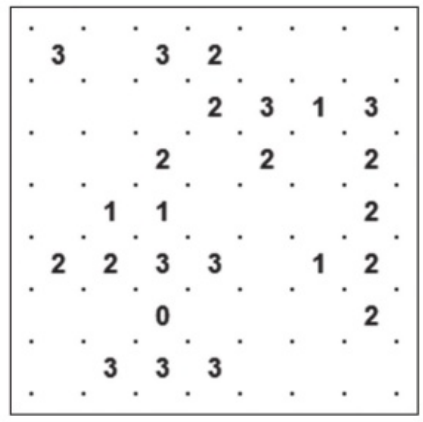


(Fig B) Not Allowed

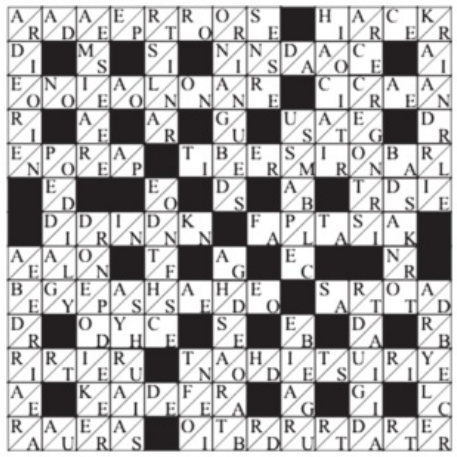
### How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



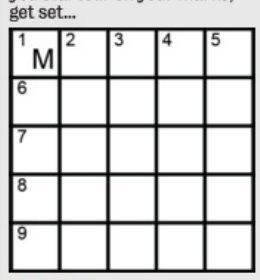
## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...




**ACROSS**

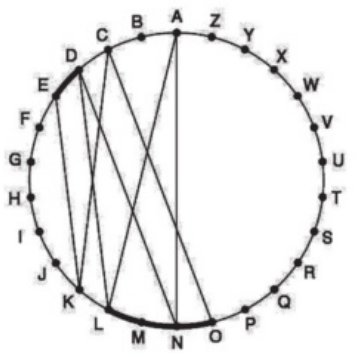
1 Manes; 6 I lava; 7 Gen id; 8 Acids; 9 Multo

**DOWN**

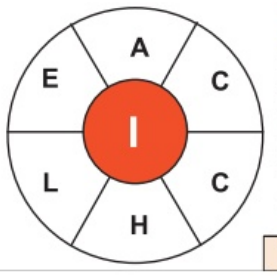
1 Dam am; 2 Via so; 3 Nun ad; 4 Gil is; 5 Lee CT

## Mensapuzzle

Find two words (4, 6) in this diagram. Letters are traced across the circle by chords. If the next letter is four letters or less away, it will be found by tracing around the circumference. Clue: no coastline




## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

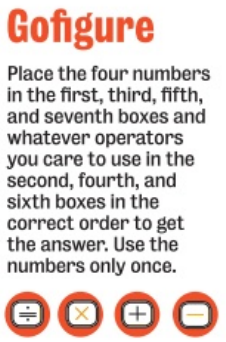
## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | | | | | | | | 6 |
| | 9 | | | 8 | | | 3 | |
| | 2 | | 3 | | 4 | | 1 | |
| 3 | | | 6 | | 7 | | | 4 |
| | | 7 | 8 | 1 | 9 | 5 | | |
| 6 | | | 5 | | 3 | | | 8 |
| | 6 | | 7 | | 1 | | 8 | |
| | 8 | | | 6 | | | 7 | |
| 1 | | | | | | | | 5 |

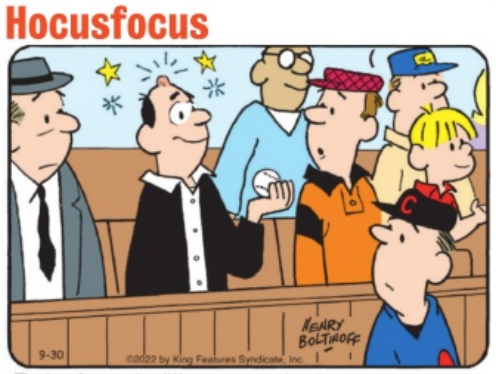
To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.




## Hocusfocus




Find at least six differences in details between panels.

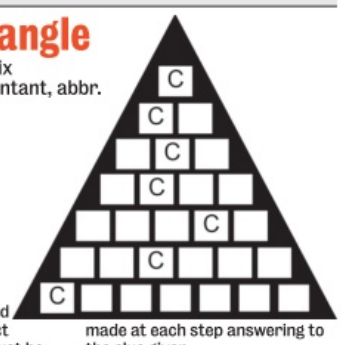
**Differences:** 1. Bump on head is moved. 2. Mouth is different. 3. Tie is longer. 4. Hand is moved. 5. Player is moved. 6. Cap is larger.

## Riddler

Using the chemical symbols, which capital city can be made from lithium, antimony, oxygen, nitrogen?

## Alpha triangle

1 Atomic number Six
2 Chartered Accountant, abbr.
3 Top card
4 Skin condition
5 Legislate
6 Climb
7 Chide



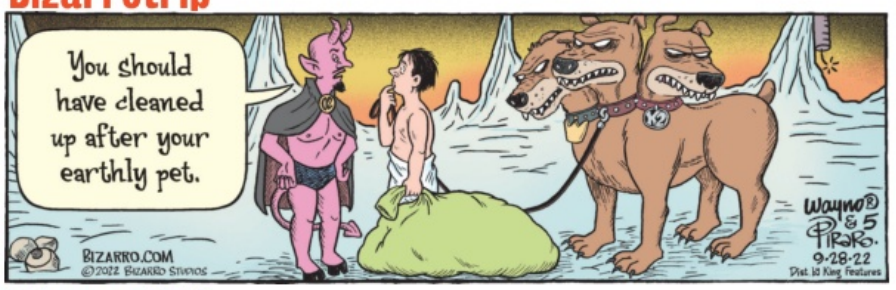

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.


DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

# COMICS

## Redeye by Mel Casson

## Bizarrotrip




## Diamond Lil

SO, ARE YOU GOING TO MISS ALL OF YOUR LEAF FRIENDS?
NO, BECAUSE WE ALREADY PLANNED A HUGE REUNION BEFORE WE FELL
REALLY? WHERE?
YOUR RAIN GUTTERS
©2022 creators.com 9/28
www.creators.com
Bramkraft

## Hart of the city

BUMP!
HEY, WATCH IT!
I GUESS THERE WON'T BE ANY MORE UNDERGROUND MTG TOURNAMENTS, HUH?
I WOULDN'T BE SO SURE.
CRIME WORKS FAST.
HEART OF THE CITY © 2022 ANDREWS MCMEEL
@OOONICS.COM #HEARTOTHECITY

## Crankshaft

IN THE THEATER, BACKERS ARE KNOWN AS ANGELS.
SO THINK OF US AS YOUR ANGELS!
MONTONI'S
THANKS... BUT I'VE ALREADY GOT ONE!
9-24
BATIUK & DAVIS

## Mutts

# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today you must control your way of speaking. You should be careful in terms of hidden enemies and opponents. You may be a victim of conspiracy. It is advised to avoid investments in risky assets. You must avoid lending money to anyone as it may not be recovered easily. It advised to do meditation and yoga to come out from stress.

**Taurus** Apr 21 – May 20
Today you will be a victim of negative thoughts. Impatient nature and arrogance will push you back from taking tough decisions. You will be in need of help from your elders, which may help you grow into your work front. You should avoid making investments in dead assets. Lovebirds should avoid discussions regarding bad moments.

**Gemini** May 21 – Jun 21
Today you will be in a winning position against your opponents and hidden enemies. Your money that was stuck may be recovered today. You may perform your best at work. It is an important day for lovebirds and singles to take important decisions in terms of marriage.

**Cancer** Jun 22 – July 23
Today is a good day for you. Last week's crunches are over now. You may initiate your postponed projects. You may get rewards for your hard work, which may boost your confidence. There are some gains in your business, which may boost your finances. Those related to export and import, and fashion, dairy products may do well.

**Leo** Jul 24 – Aug 23
Today you may feel dull, and can have health issues. Overworking your mind can make you tired. It may affect your domestic harmony. You may arrive late to a social or family get-together. Losses may be possible in business. It is advised not to invest in new business. Lovebirds should avoid being involved in controversies.

**Virgo** Aug 24 – Sep 23
Today you are blessed by the moon. You can make new plans in terms of business. Your colleagues may be with you to implement your plans. You may recover your stuck money from your clients, which may boost liquidity in business. After late evening, you can feel some depression which may affect your sound sleep.

**Libra** Sep 24 – Oct 22
Today you have control over your opponents and hidden enemies. Decisions in legal matters may be in your favour. Your seniors may be happy because of your hard work. You may get new responsibilities in terms of promotion. Singles may find their soulmate

**Scorpio** Oct 23 – Nov 22
Today you may be happy. You may plan to buy some creative items, which may improve your lifestyle. You may also spend money on your friends and family members. You may plan to make investments in assets. Singles may find a good match. Lovebirds may enjoy important moments.

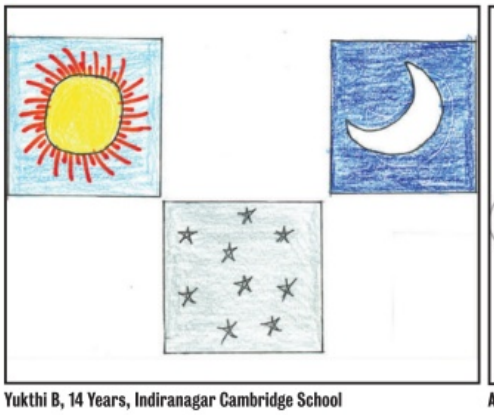
**Sagittarius** Nov 23 – Dec 22
Today you may be seeking peace of mind. The moon's blessings may help you to focus on yourself. Investments in property and other assets are advised to be avoided. You may have some happy moments in your domestic life, but it is advised to avoid arrogance and ego with your spouse. Disputes with your business partner are likely to be resolved.

**Capricorn** Dec 23 – Jan 20
Today you may be polite with the people around you. Many problems are likely to be resolved with the help of your way of speaking. There may be some control between your savings and expenditure, which may boost your finances. You may spend money on buying some creative items to renovate your house.

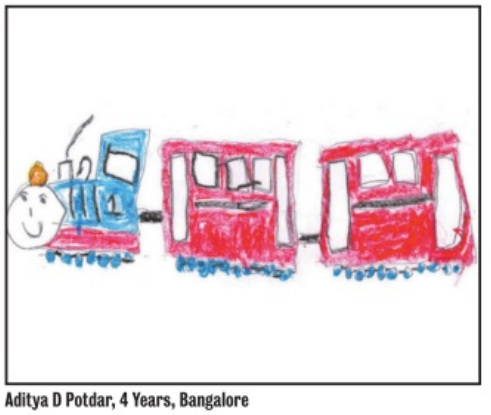
**Aquarius** Jan 21 – Feb 19
Today it is advised to control your way of speaking in the family as your loose talking may affect domestic harmony. You may spend your hard-earned money on buying some worthless things to maintain your social status. It is advised to not keep your money loose in the pocket. You may face problems related to ears, teeth, and throat.

**Pisces** Feb 20 – Mar 20
Today is a good day for you. You have good vitality and health. You may enjoy your work. Your domestic life may also be good. Healthy partnerships will give you benefits in terms of business. Jobseekers will find suitable work. Lovebirds should avoid discussions on self respect issues.

## KIDZONE



Yukthi B, 14 Years, Indiranagar Cambridge School



Aditya D Potdar, 4 Years, Bangalore

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

# SOLUTIONS

**SOLVE IN 1M**

$10 \div (10^{5})^{2} \div 10^{10}$
$10 \div (10^{6})^{2} \div 10^{10}$
$10 \div (10^{-5})^{-2} \div 10^{10}$
$= 1$

**BULL'S EYE**
CHALICE, chic, hail, lice

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| M | A | N | S | E |
| A | V | A | I | L |
| D | I | N | G | E |
| A | S | D | I | C |
| M | O | U | L | T |

**STRIKE OUT**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | D | A | P | T | O | R | S | H | A | C | K | | | |
| D | M | I | S | A | C | I | | | | | | | | |
| O | N | E | O | N | O | N | E | I | C | A | N | | | |
| R | E | A | G | U | T | E | D | | | | | | | |
| N | O | R | A | T | E | R | M | I | N | A | L | | | |
| S | M | E | L | L | S | S | A | P | P | E | D | | | |
| E | A | I | P | M | G | | | | | | | | | |
| G | N | A | R | L | E | O | N | A | R | D | O | | | |
| I | U | N | R | D | U | | | | | | | | | |
| C | O | M | E | N | D | S | N | | | | | | | |

**QUICK**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | | C | Y | L | I | N | D | E | R | | | | | |
| E | R | F | L | E | | | | | | | | | | |
| A | N | G | E | L | I | N | A | T | I | Z | Z | | | |
| E | K | S | K | O | E | | | | | | | | | |
| T | R | U | C | K | S | L | E | V | I | E | S | | | |
| R | O | V | A | | | | | | | | | | | |
| E | X | I | L | E | C | R | A | F | T | | | | | |
| A | T | R | Y | E | | | | | | | | | | |
| S | M | E | L | L | S | S | A | P | P | E | D | | | |
| E | A | I | P | M | G | | | | | | | | | |
| G | N | A | R | L | E | O | N | A | R | D | O | | | |
| I | U | N | R | D | U | | | | | | | | | |
| C | O | M | E | N | D | S | N | | | | | | | |

**MENSA PUZZLE**
LAND LOCKED

**QUOTE UNCODE**
Most of us have far more courage than we ever dreamed we possessed.

**RIDDLER** LI-SD-O-N

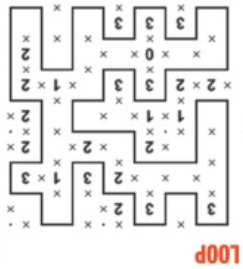
**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 7 | 3 | 2 | 9 | 8 | 6 | 4 | 5 |
| 9 | 8 | 2 | 4 | 6 | 5 | 3 | 7 | 1 |
| 5 | 6 | 4 | 7 | 3 | 1 | 2 | 8 | 9 |
| 6 | 1 | 9 | 5 | 4 | 3 | 7 | 2 | 8 |
| 2 | 4 | 7 | 8 | 1 | 9 | 5 | 6 | 3 |
| 3 | 5 | 8 | 6 | 2 | 7 | 1 | 9 | 4 |
| 8 | 2 | 6 | 3 | 5 | 4 | 9 | 1 | 7 |
| 7 | 9 | 5 | 1 | 8 | 6 | 4 | 3 | 2 |
| 4 | 3 | 1 | 9 | 7 | 2 | 8 | 5 | 6 |

**ALPHA TRIANGLE**
C, CA, Ace, Acne, Enact, Ascent, Chasten.

**GO FIGURE**
Easy
$3 + 6 - 1 + 1 = 9$
Medium
$9 + 9 - 1 - 9 = 8$
Hard
$6 - 7 + 3 \times 9 = 18$

**LOOP**



**KAKURO**

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# Laughter challenge

## Pooja speaks of how cast of her upcoming film made her 'tumble' with laughter

Actress Pooja Hegde, who is currently awaiting the release of her upcoming comedy movie 'Cirkus', has shared that the film and her co-actors made her feel at home.

The actress can be seen decked up in the 1960s-era Bollywood fashion in the trailer of the movie which was released recently.

The actress shared that the film will bring much respite to the already struggling Hindi film industry which didn't have a great run at the box-office this year.

Cirkus is directed by Rohit Shetty, who has an excellent track record at the box-office.

She said, "'Cirkus' is the ideal film to round up this stunning year. It is an out-and-out family entertainer. I always looked forward to going back the following day since Ranveer, Rohit Sir and the entire cast were so hilarious and humble on set."

> "Even though I was a new entrant I just felt at home. This movie is extremely special to us

She further mentioned, "This has been a family production in a way. Even though I was a new entrant I just felt at home. This movie is extremely special to all of us. It is from our hearts to yours."

'Cirkus' also stars Ranveer Singh, Johnny Lever, Jacqueline Fernandez, Varun Sharma, Sanjay Mishra, Tiku Talsania, Vrajesh Hirjee, Siddharth Jadhav, and Ashwini Kalsekar. The film is scheduled to hit the screens on December 23, 2022.

Meanwhile, Pooja also has 'Kisi Ka Bhai Kisi Ki Jaan' in the pipeline in which she stars opposite Salman Khan, and the tentatively titled 'SSMB28' opposite Telugu superstar Mahesh Babu. **–IANS**

# Awestruck Sharon

Hollywood star Sharon Stone left social media into a tizzy with her priceless reaction after seeing Shah Rukh Khan seating just beside her at the Red Sea International Film Festival in Jeddah. The Bollywood superstar received an honorary award at the festival for his contribution to the film industry. Shah Rukh graced the event alongside many celebrities such as Priyanka Chopra Jonas, Kareena Kapoor Khan, Kajol, Sharon Stone, British director Guy Ritchie, and Oliver Stone to name a few.

While the video went viral instantly, Sharon Stone has now opened up on her reaction. Speaking at an event she recalled the moment and said that Shah Rukh Khan was two seats away from her and she didn't know he was there. The renowned actress insisted that she's not very easily star struck but when she saw Shah Rukh she was awestruck. Sharon even recreated the gasping moment when speaking to the interviewer.

For the unversed, the 'Basic Instinct' actress was left in shock when she saw Shah Rukh Khan sitting beside her at the Red Sea International Film Festival. A video showing her epic reaction created a social media storm. In the clip, when the host introduced the 'Pathaan' actor to the audience, Sharon, , gasped and screamed 'oh my god'. **-ETimes**

# Kate attacks social media

Kate Winslet has called on ministers to make social media firms do more to protect young children.

On BBC One's Sunday with Laura Kuenssberg today, the actress said parents feel "utterly powerless" about their kids' use of social media and urged companies to enforce minimum age limits.

Kate, 47, was speaking ahead of the launch of her film I Am Ruth, where she plays the mum of a teen whose life is ruined by social media. **–Sunday Mirror**

# Red carpet glam

## Sonam to Kareena: Celebs aced the style game at Red Sea International Film Festival

Watch this story come alive on your device by scanning this QR code

## SANDALWOOD SHOTS
Y MAHESWARA REDDY

### Solo trip

Fans of Vijayaraghavendra have his next film to look forward to -- Raaghu is expected to hit the silver screen shortly. The speciality of Raaghu is it has just a solo character played by Vijayaraghavendra. Raaghu is the third Kannada movie with a single character. The other two being Shanti, directed by Baraguru Ramachandrappa, and Kaivalya, directed by Venshi Ravindra.

"I am not claiming that Raaghu is the first Kannada movie with a solo character but I can vouch for it as the first movie to have songs and stunt sequences though it has one character," said Anand Raj. Anand Raj debuts as an independent director with Raaghu. He has worked as an associate director for the movies Aana and Bang. Aana was released last June and Bang is expected to be released shortly. "I have tried out a new experiment in Kannada with Raaghu. Vijay Raghavendra's character is of a different shade," said the director, adding that a big set was put up on the outskirts of Bengaluru for the shoot.

According to the director, the latest cameras were used to shoot this movie and the producer did not compromise with quality. "A huge water tunnel was set up on a vacant land near Kumbalgodu and a fire sequence was shot on the land spreading over more than one acre," the director said.

### Thriller on the way

Dharma Keerthiraj will play a police officer in the movie Ronnie. The muhurat function for the suspense thriller directed by Kiran RK was held at Panchamukhi Ganesha Temple recently. Ronnie is Kiran's third movie as a director. Kiran has directed Kotti Paise and Mundas Pete.

"Ronnie revolves around a theft of Rs 30 crore at a rich woman's house. An Assistant Commissioner of Police (ACP) is assigned to investigate the theft case but he fails. Then the case is transferred to the CBI. Meanwhile two murders take place," said Kiran.

He said that a specially trained dog is playing a key role in this movie. "The regular shooting of this movie is scheduled to be held in Bengaluru and Mangaluru in two schedules. We are in talks with a well-known actor to play a cameo but it is yet to be finalised," he said. Rutvi Patel from Mumbai is paired opposite Dharma. Rutvi has acted in Rabba Mujhe Ishq Ho Gaya, a music video.